

**Go Yoga Amelia Island 200 hour Teacher Training**

**Certification Program & Student Syllabus  
Mind, Body, Spirit Training for  
Multiple Levels of Hatha Vinyasa**

*Gianna Ragona-Suarez, E-RYT, Director of Training*



**Go Yoga Amelia Island, LLC**

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**[www.GoYogaAmelia.com](http://www.GoYogaAmelia.com)**

*GO YOGA AMELIA ISLAND is a Limited Liability Corporation offering Daily Yoga Classes, Workshop for Advanced Training, Corporate Yoga & Wellness, Public Yoga Programs and Beach Yoga. We believe in small group trainings with personal attention to your professional development! You will graduate this program ready to teach varied styles of Hatha Vinyasa yoga.*

# Go Yoga Amelia Island 200 hour Teacher Training

## YOGA TEACHER CERTIFICATION STUDENT INFORMATION



### **B**OOKS

#### **REQUIRED CURRICULUM MANUAL & TEXTS INCLUDE:**

- a. **\*Go Yoga Teacher Curriculum Manual** – Provided by Go Yoga (included in Tuition)
- b. **The Concise Book of Yoga Anatomy** – by Jo Ann Staugaard-Jones
- c. **Yoga Sequencing**, by Mark Stephens
- d. **The Yoga Sutras of Patanjali**, by Sri Swami Satchidananda (optional)

\*Your Go Yoga Teacher Training Curriculum Manual will be given to you after receipt of your deposit and 2 weeks before class starts. You may order the rest of your books from Amazon.Com

### **Go Yoga Mission Statement**

The Go Yoga Amelia Island School considers the certification of qualified yoga teachers our highest mission.

We acknowledge that in order to offer excellent yoga teacher certification we must provide the highest quality educational curriculum and texts, faculty teachers and support services for the students and graduates.

We pledge to always deliver superior training and service to the students and graduates.

We feel it is our responsibility to share our knowledge through the provision of teacher role modeling, adherence to ethical standards, the curriculum objectives and standards of the National Yoga Alliance for registered yoga schools. We offer a diverse multidisciplinary yoga certification committed to building an honest and supportive culture in which everyone is treated with warmth, dignity and respect. During training we will follow the Asthanga Sutras of Patanjali.

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## Teacher Training Program Goals To Provide:

- **COMPREHENSIVE BASIC LEVEL YOGA TEACHER CERTIFICATION** to participants who seek to teach yoga to individuals in private or group settings.
- **ONGOING STRUCTURED AND UNSTRUCTURED SUPPORT** to participants leading to certification.
- **CERTIFICATION TO PARTICIPANTS UNDER THE EDUCATIONAL STANDARDS** set forth by the National Yoga Alliance for approved registered yoga schools.

## What you will learn?

**Asana:** Poses. There are hundreds of poses offered but we will focus on less than 100 basic poses. For each, we explore both Traditional and Modified /therapeutic alignment, variations, use of props, safe assists, and stable transition cues. Sequencing and transitioning are crucial in understanding how to construct sequences to suit a specific population you may be teaching at any given time. Our teaching methodology allows our classes to be enjoyed by multiple levels, while helping our students to feel secure, confident and nurtured.

**Pranayama:** (The Breath is medicine) The breath is a vital tool which determines a given state of mind. You will learn how to use a variety of breathing techniques to offer before, during and after your classes. You will understand the functioning of the respiratory system and how to control your breathing muscles to energize and enhance the practice of yoga.

**Anatomy:** The safety in poses comes from knowledge and understanding of anatomy. Anatomy is fundamental to a safe yoga practice. We recognize that we all have different bodies and different needs, therefore we spend a great deal of time helping you to understand your gross (the parts that can be seen) and energy (the parts that can't be seen) bodies, movement mechanics and bodily systems and how they communicate with one another. Our teaching style is applied and interactive. Learning about anatomy and physiology through the science of yoga is a powerful tool in understanding the benefits of yoga.

**Subtle Body Energy:** We train you in the understanding of the Subtle Body Sciences through Seven Chakras, The Nadis, 6 Bandhas, 3 Doshas and 5 Koshas. You will experience the function and awakening awareness of these vital energies.

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**Philosophy:** We refer to excerpts from the Yoga Sutras by Patanjali and the unique History of Yoga. There are specific sutras printed in your manual which you will be required to study and learn, however some students find this topic interesting and want to learn more. There are a total of 196 aphorisms in the Yoga Sutras of Patanjali, we suggest you purchase and study the book in sections. We will offer philosophical group discussions on the critical 8 Sutras required for graduation.

**Meditation:** Chitta Vritti Nerodah. Learning to still the fluctuations of the mind allows us to dive deep into the process of Meditation. We will explore the many techniques of practicing meditation. You will learn the techniques calming and relaxing the mind.

## Competency Skills at Graduation

***At the end of training, participants will have learned skills to:***

- Teach a 60-90 minute asana class using Sanskrit
- Teach a basic Pranayama class
- Teach a basic 30 minute Meditation class
- Teach a Partner Yoga class
- Teach a Restorative Yoga class
- Teach a Gentle yoga class
- Teach a Prenatal yoga class
- Teach a Seniors yoga class
- Teach a Children's yoga class
- Write and deliver a guided imagery script, or prepared reading
- Use language appropriate for a yoga and meditation class

## **GENERAL INFORMATION AND REQUIREMENTS**

- Complete the tuition payment form, informed consent, ethics statement and copyright form and return to Director of Training.
  - If paying by the monthly payment plan, we will process your payment by Debit or credit card, the end of the month and a \$20 service fee will be added to your cost.
  - Credit Card records are kept in a confidential place by the Program Director and will be debited monthly if you are on a Credit Card payment plan.
- **Attendance records** are maintained by the Instructor. Each week and during weekend intensives, attendance will be confirmed by the faculty instructor and will be signed off.

# Go Yoga Amelia Island 200 hour Teacher Training

- Eat lightly before class and bring water and light food for break and a lunch or plan to eat lunch nearby; lunch break is 1 hour.
- Wear comfortable clothes and bring **yoga mat, and workbook materials each time**
- **PLEASE make every effort to attend each class.** The program is designed to move you through a major transformation in a short period of time. Make-ups are available in the next course - absences create disharmony in the group and interfere with your training focus. In some cases you will need to wait 6 months for the next training course to begin before you can “make-up” class time. The 180 Contact Hours **MUST BE COMPLETED** for you to graduate the program
- WEEKEND TRAINING WORKSHOP TIMES ARE AS FOLLOWS:
  - Saturdays 8:30am – 6:30pm (10 hours CREDIT)
  - Class will break during 12:00-1:00pm for lunch
  - Bring snacks and lunch or plan to eat nearby.
- **We require you to receive 5 private sessions\* by the end of the course to illustrate the importance of self-care on your own time.** (We will talk about the importance of “niyama” or purification as described in Patanjali’s sutras.). Preferably these should be done on a monthly basis.
  - \* Sessions can include: Reiki, Massage, Chiropractic, Ear Candling, Private Yoga Therapy, Shiatsu, Cymatron Sound Healing, Crystal Healing, Energy Healing, Angel Card Reading, Acupuncture, Facial, etc. We encourage you to use the services offered at your training location or find a classmate – barter, go to free Reiki clinics – we will talk more about this in class.

## **25 Additional Hours of Yoga Classes – Free yoga during training**

During the training program, record your weekly yoga classes and **workshop hours you attend to total 25 hrs.** These hours may be used for makeup classes if they were taken with a faculty teacher and you complete a student observation form and assist with class adjustments.

- **You are required to complete monthly reading and homework assignments on time.**

# Go Yoga Amelia Island 200 hour Teacher Training

## Approaches to Learning

By exploring the many avenues by which **students learn postures in the asana class, teacher training participants will be guided through a multitude of lectures, discussions, reading assignments, writing assignments, posture exploration, teach back demonstration exercises, posture sequencing, class development and weekend intensives.**

## In addition, this program will:

- Provide creative Educational and Research tools that will help you in acquiring teaching skills.
- Provide projects that aid you in understanding the many physical and psychological challenges students may bring to the asana class.
- Provide ongoing feedback to help participants build appropriate teaching language.
- Provide ongoing feedback for the appropriate use of “touch”, assists and “alignment.”
- Provide frequent class demonstrations by students that help in the reducing anxiety associated with speaking in front of audiences.
- Provide creative educational tools that aid the student in building competence and confidence necessary to become a quality yoga teacher.

## Training Policies and Guidelines

### Payments

Monthly payment plan is available and must be paid by credit card (MC or VISA) or by check with an additional \$20 additional Administration Fee applied.

### Training Resignation and Refunds

We understand that life can offer a series of challenges; any participant who wishes to resign from the training program **must do so in writing to the Program Director**. If a letter is not received in writing before you resign from the program you **will forfeit any refund amounts**. (Email will also be accepted)

Those who have made tuition **payments in full** will receive a prorated refund determined by the Program Direction.

If Participants resigns after 2 months training NO REFUND will be granted but an offer to resume training at the session is possible at the Director's discretion.

### Training Reinstatement

Participants wishing to be reinstated to the program *after submitting a resignation in writing* may do so **within a year** of withdrawing from the course.

# Go Yoga Amelia Island 200 hour Teacher Training

However, depending on the week of resignation, the tuition fee will be prorated and a \$250 re-enrollment fee applied.

## **Student Enrollments After Start of Course**

Participants entering the training program after the initial start of the course may complete requirements during the next session or make-up missed classes in the current semester.

If a participant missed only one weekend intensive, he/she will complete this training during the next session. A provisional certificate at graduation will be granted; once the weekend intensive is completed, an official certificate with a raised seal will be awarded.

## **Matriculation into the Yoga School**

If a student has completed hours at another registered yoga school approved by the national yoga alliance and they wish to transfer into this program they must contact the Program Director. The completed hours must be documented and faculty will meet with the student to determine how many credits in the standards categories may be applied. However, regardless of the number of hours matriculated, the student must complete the six weekend intensives to graduate from the school.

## **Class Participation and Attendance**

### **Class Participation**

Participants are expected to establish and continue a personal yoga practice outside the classroom. Weekly presentations such as lectures; discussions, demonstrations and reading materials are powerful tools in learning and will help the participant grow psychologically and physically. At the end of the course the participant will be able to reflect upon and appreciate the hard work he/she exerted toward certification.

### **Attendance**

This program is based on a corresponding agreement between the Yoga School, the National Yoga Alliance, and enrolled participants. Professionalism, attendance, and the completion of all required assignments are important elements of professional behavior.

**Participants are expected to attend all weekly classes.** If illness or an emergency arise and prevent a participant from attending a class, he/she is expected to contact the faculty member assigned to the class.

## Go Yoga Amelia Island 200 hour Teacher Training

Frequent absenteeism from classes without sound reason may suggest lack of commitment, therefore, the Program Director will explore a participants' competency to continue in the program

### **Karma Yoga Teaching – 10 hours – non contact**

Each student is required to **conduct yoga classes outside the classroom to friends, family or in local yoga studio**. Record the date, number of students present, hour of day and type of yoga taught and turn in the hours at the end of the course on the teaching log form. Five hours must be under supervision of a faculty teacher.

- Each student is required to teach at least 5 one 1 hour classes prior to graduation.
- These may be at home, at a club, library, senior center, nursery or preschool, public or private school, for a sports team, golf center, tennis club, etc.

### **Student Personal Practice Log – 20 hrs – non contact**

Each Student is expected to continue to attend weekly yoga classes to further their yoga practice and to OBSERVE and REPORT on other yoga classes. A practicum log must be completed totaling 20 hrs and turned in at the end of the course. Doing yoga to a video may count as long as you complete the observation form for personal video class. However, we do not recommend more than 5 hours be by professional video observation.

### **Personal Sessions for Energy Work**

Each student is expected to receive a personal session to balance the body's energy system and release energy blocks that may surface during training. They may be reiki, massage, acupuncture, yogassage, private yoga therapy, rolfing, pilates, facial, myofascial release and other forms of personal work. Manicures and pedicures do not count as a session. These are additional expenses to the tuition. You may barter sessions, by offering to teach a private yoga class or attend free Reiki Clinics if money is an issue.



# Go Yoga Amelia Island 200 hour Teacher Training

## Curriculum Course Requirements in Hours

### Yoga Asana Techniques - 100 hours

At the completion of this course, the student will competently

**demonstrate:**

- Standing poses
- Seated poses
- Balance poses
- Prone poses
- Supine & Twist poses
- Inverted poses
- Backbends
- Recite Sanskrit name of postures
- Sequence postures for various level classes
- Develop a daily personal practice
- Demonstrate pranayama breathing exercises
- Demonstrate mudra hand positions
- Describe the chakras
- Use descriptive language appropriate for yoga cuing
- Utilize appropriate music for yoga class
- Write a creative visualization script

### Yoga Homework 20 Hours

Home work assignments

- Yoga Philosophy and States of Mind
- Body Awareness and the Koshas
- Anatomy and Physiology
- Chakras and Subtle Energy System
- Knowledge of the 8 Sutras

### Yoga Anatomy & Physiology - 20 Hours

At the completion of this course, the student will competently:

- Describe the subtle energy system
- Locate specific organs in the body
- Locate specific muscles in the body
- Locate specific bones in the body
- Describe the anatomy of human movement as it applies to Asana
- Describe systems of the body as it applies to asana

### Yoga Philosophy – 20 hours

At the completion of this course, the student will be able to:

- Describe a brief history of yoga
- Describe at least four branches of yoga
- Describe at least four styles of yoga
- Describe the eight fold-path of Patanjali
- Describe the general content of Book I and II of Patanjali's Sutras
- Describe the three doshas in Ayurveda

### Yoga Methodology - 20 Hours

The student will be introduced the following methods of teaching yoga:

- Partner Yoga (yoga postures with a partner)

# Go Yoga Amelia Island 200 hour Teacher Training

- Restorative Yoga (yoga with props held for periods of time)
- Prenatal yoga
- Seniors Yoga
- Children's yoga
- Yin Yoga and Acu-Yoga
- Power Yoga and Chair Yoga

## **Student Practicum – 20 Hours**

*At the completion of this section the trainee should feel confident in teaching a full sequenced, 75 minute class*

- Practice and critique in class teaching
- Assists
- Modifications
- Alignment observation and correction
- Sequencing for various levels
- Sanskrit asanas

## **GRADUATION CEREMONY:**

**Before graduation 2 exams must be successfully completed, one at Mid-Term and the Final Exam.**

## **GRADUATION – After completing the 180 Contact Hours and 20 Non Contact Hours = 200 Hrs**

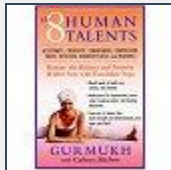
At the successful completion of the 200 hour course a special celebration will be held inviting friends and family. The certificates will be given out after the “Fire Ceremony”.

At that time you will be eligible to join Yoga Alliance with proof of your 200 Hr. YTT Certification given to you by Go Yoga Amelia Island.

For further information contact:  
Gianna Ragona-Suarez, 904 335 053

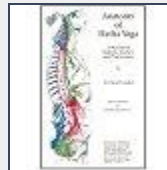
## ***ADDITIONAL References and Recommended Reading list***

Anderson, Sandra, Sovik, Rolf, Psy. D. (2000) Yoga: <u>Mastering the Basics</u> ISBN: 0-89389-155-X
Boon, Brooks, Kirk & Martin (2004). <u>Hatha Yoga Illustrated.</u> ISBN: 0-7360-5122-8
Bittleston, Jennie. <u>Secrets of Yoga.</u> ISBN: 0-7894-6781-X
Brown, Christina. (2003) <u>The Yoga Bible.</u> ISBN: 1-8418-1192-0
Brown, Christina. (2002) <u>The Yoga Book.</u> ISBN: 1-40543-165-2
Coulter, David H. (2001). <u>Anatomy of Hatha Yoga: A manual for students, teachers and practitioners.</u> ISBN: 0-9707006-0-1
Desikachar, TKV. (1980) <u>Religiousness in Yoga.</u> ISBN: 0-8191-0967-3
Gates, Rolf – <u>Meditations from The Mat</u>
Grilly, Paul (2003). <u>Yin Yoga: Outline of a quiet practice.</u> ISBN: 1-8839-9143-9
Iyengar, BKS (1976) <u>Light on Yoga.</u> ISBN: 0-8052-1031-8
Iyengar, BKS (2001) <u>Yoga: The Path to Holistic Health.</u> ISBN: 0-7894-7165-5
Mehta, Silva, Mira & Shyam (1988) <u>Yoga: The Iyengar Way.</u> ISBN: 0-6797-2287-4
Shaw, Scott (2004) <u>Yoga Breathing; Pranayama made easy.</u> ISBN: 1-57863-301-X
<b><u>Yoga As Medicine, Timothy McCall, M.D.</u></b>



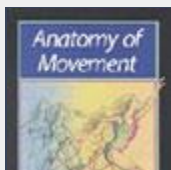
### **8 Human Talents**

Gurmukh offers meditative and breathwork techniques that create equanimity.



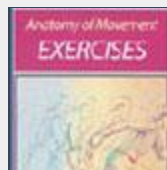
### **Anatomy of Hatha Yoga**

by H. David Coulter, the reader is introduced to a gentle way to achieve health and fitness.



### **Anatomy of Movement**

by Blandine Calais-Germain, presents a dynamic, integrated approach to the study of physical structures of the musculoskeletal system.



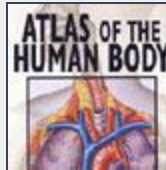
### **Anatomy of Movement Exercises**

In this companion volume to Anatomy of Movement.



**Asanas: 608 Yoga Poses**  
**by Dharma Mittra**

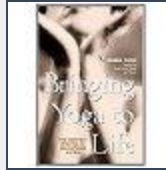
Black and white photos of yoga poses. Dharma Mittra made the famous yoga pose poster and was featured in Yoga Journal about his work.



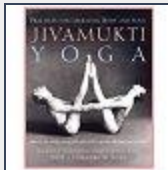
**Atlas Of The Human Body**  
by Takeo Takahashi, gives clear and thorough explanations of each of the major organs and systems of the human body. This book meets the needs of the medical practitioner as well as layperson.



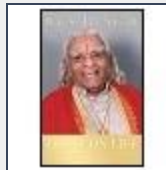
**Awakening The Spine**  
by Vanda Scaravelli, the reader is introduced to a gentle way to achieve health and fitness.



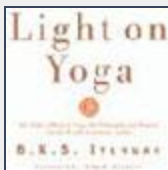
**Bringing Yoga to Life**  
"Farhi presents in clear and imminently practical terms how we can live our yoga right now."  
-Judith Hanson Lasater



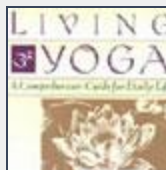
**Jivamukti Yoga**  
Sharon Gannon focuses on Yoga, philosophy, postures, locks, breathing practices, and deep relaxation.



**Light on Life**  
Yoga, philosophy, postures, locks, breathing practices, and deep relaxation. More than 400 photos by Dona Holleman.



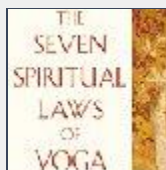
**Light on Yoga**  
The Bible of Modern Yoga with philosophy and practice by the world's foremost teacher B.K.S. Iyengar, offers instruction, hints and cautions, philosophy of yoga, and techniques of pranayama and asana.



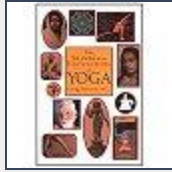
**Living Yoga: A Comprehensive Guide for Daily Life**  
by Georg Feuerstein, celebrates a fresh vision of life for spiritual seekers wanting to be refreshed to the value of yoga



**Moving Toward Balance: 8 Weeks of Yoga**  
Rodney Yee's book helps you structure a yoga program.

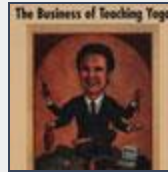


**Seven Spiritual Laws of Yoga**  
by Deepak Chopra  
meditation, breathwork, yoga sutras, sun salutations, asanas, Sanskrit and more.



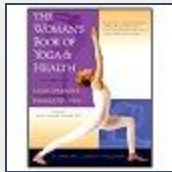
Shambhala Encyclopedia of Yoga

Everything you always wanted to know about yoga, including obscure references carefully researched and presented by Georg Feuerstein.



The Business of Teaching Yoga

Discover the secrets to achieving a fulfilling career as a Yoga teacher! This comprehensive manual, written by Larry Payne, shows you step-by-step how to start out as a new Yoga teacher.



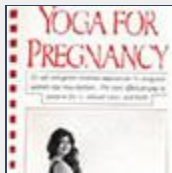
The Woman's Book of Yoga and Health

subtitled 'A Lifelong Guide to Wellness' by Linda Sparrowe, Patricia Walden, Judith Hanson Lasater. Great photos and instruction in dealing with women's health issues.



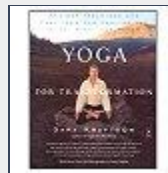
Yoga for Children

Presented in an enjoyable way that children can relate to and with a depth that even adult yoga practitioners can benefit from, you will find this book enjoyable and appealing.



Yoga for Pregnancy

Provides the reader with a gentle guide to both prenatal and postnatal yoga exercises.



Yoga for Transformation

Exercises to develop deep awareness, grounding experiencing transformative powers of yoga. Paperback Book